

Activity Overview

Students investigate cognitive load, attention and physical reaction time through discussion, short videos, simple tests (e.g. ruler drop), and hands-on reaction challenges using ROXPro light pods and iPads. Activities involve standing, quick movements, collaboration in small groups, and reflection on factors affecting reaction time.

Hazard Identification & Risk Controls

Hazard	Risk	Risk Level	Control Measures
Quick physical movements	Minor collisions, trips or loss of balance	Medium	<ul style="list-style-type: none"> • Clear activity zones defined • Adequate spacing between groups • No running beyond designated areas
Floor-based activities	Slips or falls	Medium	<ul style="list-style-type: none"> • Non-slip mats or foam bases used where required
Fatigue or overexertion	Dizziness or discomfort	Low	<ul style="list-style-type: none"> • Activities short and varied • Students may opt out or rest at any time
Ruler drop test	Minor hand or finger contact	Low	<ul style="list-style-type: none"> • Demonstration provided before activity • Light objects only (plastic/wood rulers)
ROXPro light pods	Impact from rapid tapping or movement	Low	<ul style="list-style-type: none"> • Pods placed on stable surfaces or foam bases • Clear instructions on safe use
iPads and charging equipment	Trip or electrical hazards	Low	<ul style="list-style-type: none"> • Cables managed and kept out of walkways • Devices distributed and collected by staff
Cognitive load activities (Stroop test, videos)	Frustration or mild stress	Low	<ul style="list-style-type: none"> • Emphasis on learning, not performance • Supportive facilitation and opt-out option
Behaviour during active tasks	Unsafe movement or misuse of equipment	Medium	<ul style="list-style-type: none"> • Clear expectations set at session start • Active supervision throughout session

Supervision and Training

Staff / Facilitators:

- Sessions facilitated by trained Casey Tech School staff
- Visiting teachers retain responsibility for student behaviour
- First aid facilities available onsite

Emergency Procedures

- Stop activity immediately if an incident occurs
- Provide first aid as required
- Notify school contact and complete incident documentation

Serious Injury or Emergency:

1. Call emergency services (000 in Australia).
2. Administer first aid.
3. Document the incident.

Equipment Safety & Maintenance

- ROXPro units checked, synced and distributed by staff
- Pods placed on foam bases where appropriate
- Devices returned to correct charging groups at session end
- Faulty equipment removed from use immediately

Review & Documentation

- After the session, staff to review and log any incidents, near misses, and feedback to improve future risk controls.
- Review risk assessment annually or after any incident.